



**VARSITY
UNIVERSITY**

VARSITY SPIRIT COACHES CONFERENCE

MAY 2 - 3, 2015 IN COSTA MESA, CALIFORNIA

FEATURING

JOMO THOMPSON



University of Kentucky,
Head Coach

Jomo Thompson is the Head Coach of the University of Kentucky Cheerleading Team from 2002- present. He is the 2004, 200 , 2006, 2008, 2009, 2010, 2012, 2014 UCA Division 1A National Champions. Jomo was the Assistant Coach of the University of Kentucky Cheerleading Team from 1999- 2002. He was a cheerleader at the University of Kentucky from 1997 2000. He earned 10 national championships at the University of Kentucky. Coach of 2007 Finnish National Team (Earned Silver Medal in ICF World Championship). Jomo was an employee of Universal Cheerleaders Association (UCA) for 9 years. He was responsible for training the company's entire in safety and the fundamentals of cheerleading. He has judged for many of the major national competitions, UCA High school and All-star, NCA All-Star & College, and USAF Worlds. Trained most of the major University and Colleges in the U.S. in proper stunt, basket and pyramid progression with UCA. Coached High School Cheerleading for 9 years in the Lexington, KY area. Won 2009 & 2013UCA High School Championship with North Laurel High School. Runner-up in 2010, 2011, 2012 with North Laurel High School. ACCAA Certified. Member of the USAF rules committee 2004 Present. Selected as the head coach for the first "Dream Team" of Cheerleading for the United States 2008-2009 and won the Gold Medal.

JOE COOPER



Head judge at UCA's Collegiate,
High School & All Star
Championships

Joe Cooper has been with Universal Cheerleaders Association for 21 years and is now the Staffing and Event Director for UCA's Northeast Region. He has been a head judge at UCA's collegiate, high school and all star national championships and has been instrumental in score sheet development and judges' training. He began as a cheerleader at Villanova University and continued cheering throughout his graduate studies at the nationally competitive Slippery Rock University. As a choreographer, Joe has experienced success at both the high school and college level with several of his routines placing in the top five at various national championships. From 2000-2004, Joe was the cheerleading coach at Rutgers University in New Jersey, where he started the school's first all girl team which later went on to place 2nd at NCA's National Collegiate Championship.

LEIGHTON CLARK



Asst. Coach of the 2013 & 2014
Gold Medal winning Team USA

Leighton is a former University of South Florida cheerleader and coach of the All girl team. He was on UCA's College staff and was a head instructor for 15 years with 18 years of cheerleading experience in High School, College and All Stars. Leighton has choreographed and coached over 15 State and National Champion teams and has produced music and provided choreography for teams in 15 states. He is a full time Master Choreographer for VIROC and serves as the Assistant Coach for the 2013 & 2014 Gold Medal winning Team USA. Leighton is currently living in Tampa, Florida, where he is a coach at Tumble Tech All-stars in Oldsmar, FL. Leighton is also the current Assistant Coach for the University of South Florida.

LAURI "LOOIE" HARRIS



West STUNT Director,
West Varsity Region Mgr.

Lauri has over 30 years of cheerleading experience. A graduate from Sacramento State University with a major in communications and a minor in business, she was a member & captain of the dance & cheer teams at Sac State. Lauri returned to Sac State as the cheer coach & spirit director taking the program to their first nationals for UCA in Orlando, FL in 2000. Currently she serves as an alumni advisor consultant for the program. She started working for UCA as a summer instructor and then moved into a full time role with Varsity where she currently serves as the regional manager for the West Coast. She's worked for Varsity for over 20 years. Lauri has extensive experience in community & philanthropy programs & youth initiatives. Lauri has helped with the production of special performances such as the Nickelodeon Kids Choice Sports Award Show, Bring it On the Musical opening in LA, the Pro Bowl, the MDA telethon, Disneyland, Hollywood, London & Macy's parades & half times at UW, Sac State & the NBA. She has coordinated furthering cheerleading coach's education across the west coast with conferences & clinics in addition to certifying coaches as an AACCA instructor. Currently one of her main initiatives is the new emerging sport STUNT – as the director she's working with colleges and high schools to implement this ground breaking new sport for cheerleading to open up more opportunities for female athletes.

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Brian Ahn



Former University Of Washington Cheerleader and Captain
Former Coach of the Los Angeles Clippers Stunt Team
Former Coach at Loyola Marymount University
UCA and USA High School and College Nationals Judge
Head Coach at Cal State Northridge
Skills Coach for OC All-Stars Worlds Team
UCA State Director of Southern California and Hawaii

Patti Archbold



Patti is a Varsity Apparel Representative in the San Diego area who specializes in both the youth and school markets. She recently moved to Southern California from the Chicago area where she was the Head Official for the Illinois Recreational Cheer Association from 2007-2014. In her capacity as Head Official Patti directly supervised a staff of approximately forty judges to cover 14 events each season. Patti is also the National Director of Youth Development for the American Recreational Cheerleading Association. She helped to write the American Recreational Cheerleading Rules and Regulations, score sheets and Rubric scoring system. Patti was also the Varsity Youth Specialist for the Great Lakes Region from 2011-2014. She was the Director of a very successful local youth cheer program with 20 members from 1999-2003. She moved on to become the Varsity Cheer coach at the local High School leading them on to be in the top 10 in the State from 2003-2007. Patti was also a State Level Head Official for the Illinois High School Association from 2003-2014.

Katie Bowers



Current Coach of the 3 time UCA National Champions -- El Dorado High School
Former member of the National Championship all-girl Orange Coast College cheer team
Current Varsity Spirit Camp Specialist
Current Coach of Fullerton College, CA
13 years of coaching cheerleading experience in All-Star and High School
Coached and choreographed over 20 State and National Championship Teams
Two time California State Coach and Advisor of the Year
AACCA Certified

Kristine Cather



Kristine Cather graduated from U.C. Berkeley with a B.A. in Political Science. She is a former United Spirit Association (USA) cheer instructor who taught camps and assisted with the production of halftime shows for the San Francisco 49ers, UCLA Bruins, Sacramento Kings, Los Angeles Clippers and more. Kristine cheered during her college years at Berkeley and was head her senior year. She went on to receive her Juris Doctor at the University of the Pacific, McGeorge School of Law. While there, she was appointed by the Associate Dean of Academic Affairs to serve on the File Action Committee, reviewing borderline applicant cases and making recommendations for admittance/denial. In addition, during that time, she worked in the Community Relations department for the Sacramento Kings. Following graduate school, she was privileged to work as a research consultant for Steven Spielberg's Children Action Network, providing information to writers, producers & newscasters regarding children's issues, while garnering the support of celebrities and dignitaries in order to raise awareness of such issues. She stayed involved with cheerleading by coaching competition and sideline teams. Kristine is currently serving as the USA's Director of Marketing and Promotions.

Tom Jensen



Tom has been involved in cheerleading since 1984. Tom currently coaches the 2014 National Champion Medium Varsity squad at Mira Mesa High School in San Diego, CA. At Mira Mesa, his teams have been UCA National finalists numerous times and have won many UCA regional and West Coast Championships. In 1997, Tom was chosen by UCA as a core trainer for their Advisor/Coach Program. He was a UCA Advisor Trainer for many years visiting UCA summer camps all over the West Coast educating coaches and advisors on Safety, Conditioning, Teambuilding and Motivating young athletes. Tom has also taught seminars on cheerleading fundamentals and innovative ways to teach tumbling on a budget. Tom is a current AACCA Certifier. He is married and lives in San Diego, CA. His insight and humor have made him a coaches' favorite.

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Lisa Keys



Lisa has been involved in cheerleading for over 20 years. She graduated UC Riverside with a Bachelor of Science in Business Administration. While at UCR, she was actively involved in Pi Beta Phi, and was a cheerleader for the Highlanders. She has worked for Universal Cheerleaders Association as an instructor for the summers of 1999-2004 as a head instructor until she became that State Director for Southern California & Hawaii from 2004 until 2010 and is currently the West Coast Region Assistant, West Coast Staffing Director and the West and Southwest Event Director. She is also AACCA Certified. Lisa has coached at UC San Diego, San Diego Mesa College, and UC Berkeley. She has also done choreography across the West Coast for school, all star, youth, and college teams. She is also the current head competition coach for the 2014 UCA National High School Champions, Mira Mesa High School.

Carina Ollis



Carina is a graduate from California State University Long Beach, where she danced and choreographed for a championship hip-hop team, PAC Modern. She has choreographed for multiple professional dance teams including the Indiana Pacers, Los Angeles Clippers, San Diego Charger Girls, ChivaGirls, Tokyo Girls and the NFL Pro Bowl Cheerleaders. Carina is a former member for the Los Angeles Clipper Spirit and was a dancer in the movie "Bring It On: Fight to the Finish." She has also performed in live stage shows at Hollywood's El Capitan Theater for Disney/Pixar's Brave, Wreck It Ralph and Monsters Inc. In her twenty years with the United Spirit Association, Carina has taught for the song/pom staff, jazz staff and has been an integral part of the program development for the Songleading and Pep Flag Programs. She currently is in her 12th year as the Songleading & Pep flag Program Director.

Ashley Paradise



Ashley is the National Cheerleaders Association State Director for the West Coast. She has been a Head Instructor for NCA 14 years. During that time she has received such accolades as Most Dedicated Rookie, Most Dedicated Veteran, Top Veteran West Coast Head Instructor and the Leadership Award. Ashley was a successful high school cheerleader herself. She cheered all four years at Bakersfield High School, leading to her selection to the Long Beach State University cheerleading squad. She has judged numerous cheerleading competitions including NCA, UCA & USA High School and All-Star national championships throughout the country. On her free time Ashley is currently exploring the fitness industry having certifications in Yoga, Barre, and Personal Training.

Valerie Potsos



Valerie Stead Potsos is entering her 12th season as the head coach of the nationally ranked University of Michigan dance team and is the Director/Owner of Dancer's Edge in Dexter, MI. Dancer's Edge was recently named as one of the "Top Studios on the Move" in Dance Spirit Magazine. She is a Seminar presenter, and consultant for AACCA (American Association of Cheer Coaches and Administrators) and for Universal Cheer and Dance Association on topics such as Motivation, Leadership, Teambuilding and many more! Furthermore, she earned the "2004 Coaches Leadership Award" at Universal Dance Association. She is a guest choreographer for studios and for professional corporate sponsors including Ford Motor Company and much more. Her articles on coaching and dance have appeared in Dance Spirit, American Cheerleader and in Motion Magazines. Along with judging local, state and national competitions, she has judged Studio, High School and College Dance Nationals as well for various organizations. As an instructor in the Kinesiology department, "U-Move" at The University of Michigan. She has been dancing since age three and teaching dance since age fourteen and was a member and captain of The University of Michigan Dance Team. Valerie graduated with a B.A. from the University of Michigan and has additional graduate studies in Secondary Education from Michigan State University. Valerie resides in Dexter, MI with her husband and two sons.

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Lauren Snook



Lauren Snook graduated from California State University of Long Beach with a B.A in History and a Single Subject Teaching Credential in Social Science. She is a former United Spirit Association (USA) Song Instructor and Head Instructor, and currently is part of the Songleading Program's program development team. She has a dance background with over 23 years of experience, and has been a member of the Cal State Long Beach Dance Team, CSULB's PAC Modern, and Boogiezone's Breed. She is currently part of the non-profit organization/ dance company, Culture Shock Los Angeles, for which she is a Director, dancer, captain and member of the board of operations. With Culture Shock LA, Lauren also assists in the creation of teaching curriculum for their after-school youth programs and benefit showcases. Lauren is currently working for the United Spirit Association as the State Director for Dance, as well as the Social Media Director.

Cheryl Vuong



Currently Co-Owner of Kidnastics Gymnastics Center and has worked at Kidnastics since 1992. She is the program director for HSC All Stars which is currently in their 6th season. She is the coach of the national UCA champions, Los Alamitos High School and has coaches the nationally ranked team since 1997. Cheryl is a former cheerleader from Long Beach Community College from 1994-1996 and also coached LBCC between 1993-1998. She has also worked with various high school and all star teams with tumbling and stunting skills. Most recently Cheryl has worked with Marina High School, Mater Dei Coed & All Girl JV and Long Beach State University's Competition Cheer Team. She has also judges various all-star and school cheer competitions throughout the country. Cheryl is has also been the guest speaker at the Oregon Cheerleading Coaches Association.